

Military Family Life Consultant (MFLC)

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Summary

The goal of a Military Family Life Consultant (MFLC) is to prevent Family distress by providing education and information on Family dynamics, parenting strategies, available support services, the effects of stress, and positive coping mechanisms. MFLCs provide anonymous and confidential assistance to Soldiers and their Families in problem solving issues resulting from deployment, reunions, reintegration, and/or other times of change. Consultants are licensed clinicians with a Masters Degree and at least five years of experience in social work, counseling, or a related clinical discipline. Consultants are trained on military specific topics regarding the deployment cycle and military culture. MFLCs also provide financial counseling which includes how to manage expenses, save appropriately, and how to budget wisely. The program has more than 250 consultants assisting the needs of active duty, National Guard and Reserve Component members and their Families with everyday issues.

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Frequently Asked Questions

Q. How can a MFLC counselor help?

- A. MFLC counselors can help in problem solving any issues related to deployment, reunions, reintegration, and any other times of change. This may include:
- Relationship issues
 - Family issues
 - Developing communication skills with Family members
 - Stress and anxiety
 - Crisis intervention
 - Occupational issues
 - Depression
 - Grief and loss
 - Anger management

Q. What military topics are the consultants trained on?

- A. Consultants are trained on military specific topics including the deployment cycle and military culture.

Q. Who is eligible to receive assistance from the MFLC program?

- A. All military Servicemembers and their Family members can receive assistance from the MFLC program.

Q. How does a counselor help?

- A. A counselor will assist you in clarifying the problem, developing an action plan, handling a crisis, and prioritizing problems.

Q. What are the different types of MFLC counselors?

- A. There are three types of MFLC counselors, however, not every State offers all three. The three types are:
- Family counselor
 - Financial counselor
 - Child and Youth counselor

Q. Can I receive formal counseling/treatment from a MFLC?

- A. No, the purpose of a MFLC is to provide short-term, non-medical treatment. They will provide a referral if needed.

Q. How many sessions am I able to attend?

- A. Soldiers and Families are entitled to six prepaid, face-to-face counseling sessions.

Q. Where can Families access MFLC services?

- A. Families can receive contact information from websites, brochures, cards, and information sheets received by their Soldier. Information can also be found at the websites listed below.

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Links

- [Army Reserve Family Programs – Military Family Life Consultants](#)
This website provides an overview of the Army Military Family Life Consultants goals, how they can help, and additional links & resources.
- [MHN Government Services – Military and Family Consultant \(MFLC\) Program](#)
This website provides background information about the MFLC program, a list of support offered, and how the program is growing.
- [Military and Family Life Consultants Offer Group and Individual Support for Troops and Families](#)
This website provides an overview of the MFLC program, a list of support offered, and information about points of contact.

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References

Regulations

- [DoDI 6490.06, Counseling Services for DoD Military, Guard and Reserve, Certain Affiliated Personnel, and Their Family Members](#)

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Points of Contact

- Army Military Family Life Consultants
1-888-755-9355
- MHN Government Services
1-800-646-5613

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